

Executive Coaching with Dr Amanda Super

*Clarity in your thinking. Confidence in your leadership.
Purpose in your next steps.*

Creating
Compassion

Led by Dr Amanda Super, **Chartered Coaching Psychologist** and specialist in leadership development and wellbeing, this personalised coaching experience provides a calm, confidential space for reflection, insight, and growth. Grounded in psychological science and delivered with care, coaching with Amanda supports leaders to build clarity, confidence, and courage for what lies ahead.

How coaching helps – what the research shows

Recent peer-reviewed research confirms that coaching can:

- Enhance self-awareness and insight (*Knowles, 2021*)
- Strengthen leadership effectiveness and self-efficacy (*Halliwell et al., 2023*)
- Reduce burnout and increase wellbeing (*Brooks et al., 2023*)
- Improve goal attainment, job satisfaction and performance (*Wang et al., 2022*)

What the programme includes:

- Six 1-hour coaching sessions across 4–6 months (*in-person or via MS Teams*)
- A no-obligation Chemistry Call to explore fit and coaching needs
- Personalised preparation, follow-up, and reflective tools
- Optional access to additional self-development resources

Amanda's approach

With over 20 years' experience in occupational and coaching psychology, Amanda's coaching is holistic, evidence-informed, and grounded in the realities of leadership today. Her work is shaped by deep listening, psychological expertise, and a genuine commitment to her clients' wellbeing and success. Whether you're navigating change, managing pressure, or exploring what's next, coaching provides a space to thrive – not just survive.

What recent clients say:

"Working with Amanda on this coaching programme changed my life for the better."

– Senior HR Leader, UK Government Department

"Amanda has a warm personality, is totally professional, and challenged me in a way that was both supportive and constructive."

– Finance Director, National Regulatory Body

Is this for you?

This coaching programme is ideal for:

- Senior and executive leaders seeking professional development
- Professionals at a career or life crossroads
- Leaders under pressure or stepping into new roles
- Anyone seeking clarity, confidence, and personal insight

"The coaching has been a truly revelatory journey – one I will carry forward for myself and those I lead."

– Managing Director, Specialist Consultancy Firm

"I found the programme incredibly beneficial and hugely admire Amanda's skill as a coach. It was a truly positive and empowering experience."

– Associate Director of Education, NHS Foundation Trust

References:

1. Knowles, S. (2021). *Positive Psychology Coaching*. Springer International Publishing.
2. Halliwell, P. R., Mitchell, R. J., & Boyle, B. (2023). Leadership effectiveness through coaching: Authentic and change-oriented leadership. *PLoS ONE*, 18(12), e0294953.
3. Brooks, C., Sánchez, C., & Torres, M. (2023). Coaching leaders toward favorable trajectories of burnout and engagement. *Frontiers in Psychology*, 14, 1259672.
4. Wang, Q., Lai, Y.-L., Xu, X., & McDowall, A. (2022). The effectiveness of workplace coaching: A meta-analysis of contemporary psychologically informed coaching approaches. *Journal of Work-Applied Management*, 14(1), 1–23.

Ready to explore how coaching could support your leadership journey?
Book a no-obligation Chemistry Call:

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🌐 www.creatingcompassion.com